

## EFNEP and FNP

EFNEP and FNP are free nutrition education programs for low-income families offered by Iowa State University Extension. They help parents provide nutritious food for their families, leading to healthy children and strong families. Nutrition coaches meet with participants one-on-one and in small groups. The lessons include hands on activities, worksheets, games, recipes and cooking.

### Qualifications:

- Meet income guidelines

### To apply:

- 800-262-3804
- Find more information online. Spend Smart. Eat Smart. provides tips, recipes and videos to help families eat well and save money. Visit the website at: <http://www.extension.iastate.edu/foodsavings>

**SPENDSMART  
EATSMART**



## Feeding Your Family in Tough Times

You already know that good food is important to the health and future of your family. When times get tough the first step is to make sure your family has enough food to be healthy and happy.

There are many nutrition programs in Iowa that can help you provide the foods that you know are best for your family. This booklet has information about those programs and how to apply.

Many of the programs have income guidelines. Even if you work full-time, you may qualify. Call to find out if you and your family can get the help you deserve.

## WIC

WIC (Women, Infants, & Children) is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. WIC helps families by providing healthy foods, nutrition education, and referrals to other health care agencies.

### Qualifications:

- Meet income guidelines
- Have an Iowa address
- Have a medical or nutritional need

### To apply:

- Make an appointment at your local WIC office.
- Bring proof of address, identity and income.

### Contact Information:

1-800-532-1579 (toll free)  
515-281-6650 (local calls)  
[www.idph.state.ia.us/wic/families.aspx](http://www.idph.state.ia.us/wic/families.aspx)



Pick a **better snack**™



This material was funded by USDA's Supplemental Nutrition Assistance Program, SNAP, in collaboration with the Iowa Departments of Human Services and Public Health. These institutions are equal opportunity providers and employers. Iowa Food Assistance can help you buy healthy food. Visit [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov) for more information or contact your local Department of Human Services office.

**We Can  
Help**



**Commodity Supplemental Food Program (CSFP)**

CSFP provides supplemental food and nutrition education for senior citizens, 60 years of age or older who meet income guidelines.

Participants must live in Polk, Dallas, Jasper, Warren or Boone Counties.

Available foods include canned fruits and vegetables, hot and cold cereals, cheese, dry and UHT milk, peanut butter and dry beans, pasta and rice, canned meat and fruit juice.

To receive more information about this program, please call 286-3655 or toll free at 1-877-288-3655 or visit our website. [cms.polkcountyiowa.gov/CFYS/pages/SuppFoods.aspx](https://cms.polkcountyiowa.gov/CFYS/pages/SuppFoods.aspx)



**SHARE**



SHARE, also known as the Self-Help and Resource Exchange, is a program for anyone. SHARE Iowa offers tasty, nutritious grocery packages at half the retail cost in exchange for two hours of volunteer service in your community.

**Contact Information:**  
1-800-344-1107  
[www.shareiowa.com](http://www.shareiowa.com)

**Emergency Food Assistance (Food Banks and Pantries)**

Emergency Food Assistance provides free meals and food at places like food pantries and soup kitchens.

**To Apply:**

Call your local food bank to find out more information about places for help near you.

To find the phone number for your local food bank:

1. Visit to [www.feedingamerica.org](http://www.feedingamerica.org).
2. Enter your zip code in the food bank locator.
3. Call the food bank serving your area and they will be able to put you in touch with a food pantry or other emergency food assistance near you.

**Summer Food Service Program**

The Summer Food Service program provides free meals during the summer months to some communities and day camps.

**Qualifications:**

- Individuals 18 years old or younger or those over 18 who possess a physical or mental disability and participate in a school program during the school year

**To apply:**

- No application process

**Contact Information:**  
Bureau of Nutrition and Health Services  
515-281-5356

To find a site near you call 1-866-3-HUNGRY or United Way 2-1-1

**School Food Programs**

**School Breakfast Program**

The School Breakfast program provides healthy breakfasts in school. Children can receive free or reduced price school breakfasts.

**National School Lunch Program**

The National School Lunch Program provides healthy lunches. Children can receive free or reduced price lunches.

**Qualifications:**

- Meet income guidelines or get food assistance.
- Be a migrant, homeless or foster child.

**To apply:**

- Ask for an Iowa Eligibility Application at your child's school.
- Return the completed application to your child's school.

**Contact Information:**  
Contact your child's school.



**Food Assistance Program (EBT)**

The Food Assistance Program provides EBT (Electronic Benefit Transfer) cards that can be used to buy groceries at supermarkets, grocery stores and some farmer's markets.

**Qualifications:**

- Meet income guidelines
- Be a citizen or legal immigrant
- All children who are born in the United States can apply even if their parents are not citizens.

**To apply:**

- Call 1-877-DHS-5678 for the location of the closest DHS office or to apply online, go to [www.dhs.state.ia.us](http://www.dhs.state.ia.us), then click on "online services" and choose "Food Assistance".

**Contact Information:**  
1-877-DHS-5678

